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# Back to the Roots: Thoughts on Positive Computing, Wellbeing and the Need for Awareness Raising

There is a strong connection between basic human needs, wellbeing and innovation/creativity

The way we interact with technology and the role it plays in society, often stresses differences (or makes them more visible) rather than similarities  (→ e.g. digital divide, highly differentiated)

Technology will not go away, so we need to reclaim it for the good

Ways of coping with threats expected to be caused by AI

a)  measures focusing on the individual and the community

b)  measures (re)considering how technology is build

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- measures focusing on the individual and the community
  - need to belong vs. tendency to categorize/stereotype/ingroup-outgroup distinction
  - sensitizing for these mechanisms and reduced cognitive capacity can help
  - → apart from COURAGE tools, project DiSensity – VR gallery raising diversity awareness, as an attractive, engaging and innovative tool

- measures (re)considering how technology is build
  - Positive Computing (e.g. Calvo & Peters, 2014) → technology in the service of human wellbeing and flourishing; also to be included in curricula
  - considering human diversity and wellbeing in the development process
  - supporting feelings of competence, autonomy and belonging/connection in feature design; using participatory processes   (e.g. inspired by Self Determination Theory; Ryan & Deci)
  - get people interested and involved, considering their needs, inspire them to take responsibility

# Thanks!

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CREDITS

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